

# FAQs

## HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

## WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

## WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p. 45 of the Activity Menu for more information on Sr Rec Center Refunds.

## Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

## HOURS & LOCATION

800 Thomas Street - 100  
972-442-8119

### MONDAY - FRIDAY

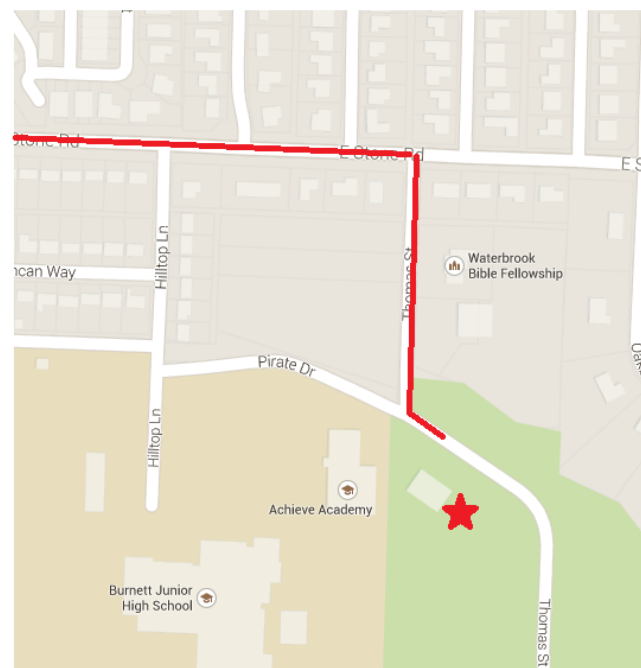
8 am - 4 pm

### SATURDAY

9 am - 3 pm

### SUNDAY

1 - 5 pm



# Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

## SPECIAL EVENTS

### City of Wylie Magic Week

Abracadabra! The City of Wylie will be formally declaring the week of October 26 - 30th, Wylie Magic Week. In honor of this special week a guest magician will be performing a magic show at our Rec Center.

#### Senior Recreation Center

**Ages: 55 Yrs +**

M	10/26	10:30 - 11:30 AM	FREE
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### Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA - (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

#### Senior Recreation Center

**Ages: 55 Yrs +**

5528	W	10/7	12:30 - 1:30 PM	FREE
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### Fall Festival

Celebrate autumn in Community Park with friends. Spend the morning playing horseshoes, enjoying croquet, and carving pumpkins. Enter the pie-baking contest, taste and judge pie entries, and gather for a complimentary barbecue cookout.

**Ages: 55 Yrs +**

5682	F	10/9	10 AM - 1 PM	FREE
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### Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

#### Senior Recreation Center

**Ages: 55 Yrs +**

5524	F	10/16	11:30 AM - 1 PM	FREE
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## OCTOBER 2015

## OCTOBER 2015

# SPECIAL EVENTS

## The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics, modern day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

**Senior Recreation Center**

**Ages: 55 Yrs +**

## The Book Thief / The Help

5685 Tu 10/13 10 AM - 3 PM FREE

## Wait Until Dark / Dial M for Murder

5686 Tu 10/27 10 AM - 3 PM FREE

## Dinner Double Feature

Sit back, relax, and enjoy the show! Watch a double feature on the big screen. Movie selections include favorite flicks from the past and present-day remakes. Dinner and dessert served throughout the show for a hassle-free meal and movie going experience.

**Senior Recreation Center**

**Ages: 55 Yrs +**

## Phantom of the Opera

5537 Sa 10/31 4:30 - 9 PM \$5

## Halloween Party

Come out for a morning of spooky fun and delicious grub. Be sure to put on your favorite costume and enter to win the costume contest, play Halloween themed Bingo with friends, and have a silly dance off. It is sure to be a scream!

**Senior Recreation Center**

**Ages: 55 Yrs +**

F 10/30 10 AM - 1:30 PM FREE

## Hand & Foot Tournament

Pick your partner and come to win! Spend the day playing with friends in a round the world style bracket competition. Lunch will be provided and prizes will be awarded to winning teams.

**Senior Recreation Center**

**Ages: 55 Yrs +**

Instructor: Kruse, Matthew

Tu 11/03 8:30 AM - 1:30 PM FREE

# SENIOR SERVICES

## MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with Sr Rec Center staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See Sr Rec Center front desk staff for registration forms and monthly menu.

**Senior Recreation Center**

**Ages: 60 Yrs +**

## TAPS Public Transit

### 1-800-256-0911

TAPS Public Transit offers residents of Cooke, Collin, Clay, Fannin, Grayson, Montague, and Wise counties, the Get-a-Ride public transportation service. Get-a-Ride is a shared-ride, point-to-point, curb-to-curb, service.

#### To Schedule a Ride

TAPS Rider Service Representatives are available:

Monday-Friday 7:00 a.m.-6:00 p.m.

#### For Where's My Ride? or Cancel My Ride

TAPS Rider Service Representatives are available:

Monday-Friday 4:30 a.m.-10:00 p.m.

Saturday 7:00 a.m.-6:00 p.m.

Sunday CLOSED

## WISD Gold Card Program

Join the Wylie Independent School District's Gold Card program and get admitted free of charge to Wylie ISD home athletic events and reduced ticket prices for most activities sponsored by the school district! Senior Rec Center bus will be providing transportation to select events throughout the year.

**Senior Recreation Center**

**Ages: 65 Yrs +**

See Sr Rec Center front desk staff for registration forms.

## North Central Texas

### Area Agency on Aging

The Area Agency on Aging has a new way to help you with health care, drug, food and utility costs. Staff at the Benefits Enrollment Center can submit applications for you if you meet the requirements for one or more of the following programs.

- Medicare Savings Programs (MSPs)
- Medicare Part D Extra Help (EH)
- SNAP food assistance
- LIHEAP/CEAP utility assistance
- SSI/Medicaid
- Programs for prescription help, tax relief or respite care

You may qualify if you have limited income and you are on Medicare or have a disability.

There is no cost to apply. Call at 1-800-272-3921, ext. 7364 or 7687, or email at [benefits@nctcog.org](mailto:benefits@nctcog.org).

Chair Yoga

Namasté! Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Risteen, Cindy

5747 W 10/7 - 10/28 1:30 - 2:15 PM FREE

Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5581 Sa 10/3 - 10/24 9:30 - 10:15 AM FREE

Senior Wellness Series

Stay informed about health and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Breast Cancer

5757 W 10/14 10 - 11 AM FREE

AWESOME EXPERTS

JOYCE MCGAUGHEY teaches fitness classes at the Senior Recreation Center. She is a senior herself and has been volunteering her time since 2011 to make this program the success it is. Her class has grown exponentially since its early days due to her motivation and determination to help her peers be fit and live a healthy life.

SHERRY PANNELL has been attending Latin Aerobics classes since January 2010. By 2012, the Zumba phenomenon caught fire and she became hooked. In 2013, Sherry received her Zumba Basic and Zumba Gold certifications. A senior herself, Sherry is excited to share her love for Zumba with other seniors.

AMY CORTEZ offers a Senior Wellness Series. Amy holds a certification in Emergency Medical Response and works with the volunteer fire department in her community. She is a certified CPR instructor through the American Heart Association and has been a City of Wylie employee at the Senior Recreation Center since 2010.

CINDY RISTEEN teaches Chair Yoga. She has been part of the Senior Rec team since 2013 and firmly believes that maintaining a strong core is important to senior health. With the help of a DVD guided chair yoga program, Cindy leads and aids participants to improve their physical and mental health.

OPEN PLAY

Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

MWF 12 - 3 PM FREE
Sa 9 AM - 3 PM FREE
Su 1 - 5 PM FREE

Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M 10/5 - 10/26 10 AM - 12 PM FREE

Bunco

Play the original game of dice! Grab a partner and let the Sr Rec Center host a morning of bunco with, refreshments, snacks, and prizes for the highest score, lowest score, and most buncos in a game.

Ages: 55 Yrs +

Instructor: Kruse, Matthew

Tu 10/ 6 8:30 - 11:30 AM FREE
Tu 10/ 20 8:30 - 11:30 AM FREE

Open Crafts

Bring a current project from home or start a new one! Stimulate your creativity and exercise fine motor skills with friends. Limited supplies will be provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

Tu 10/6 - 10/27 9 AM - 2 PM FREE

HAND & FOOT, Dominos, MAHJONG, FARKLE, Bingo, Ping Pong...

# THE ARTS

## Creative Confections

Treat yourself to the sweetest projects! Join in for a yummy and simple spin on cakes, candies, and cookies, and discover a world of confectionary delight. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

## Acorns & Trail Mix

5806	M	10/12	12:30 - 2 PM	FREE
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## Halloween Cupcakes

5811	M	10/26	12:30 - 2 PM	FREE
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## Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5533	Th	10/1 - 10/15	1 - 3 PM	FREE
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## Ikebana

Practice the ancient Japanese art of flower arranging. Study the origin, and concepts to emphasize shape, line, form, and harmony. Assemble simple blooms, and foliage to create a unique display to take home, or share with friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5718	Tu	10/20	10 - 11:30 AM	FREE
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## Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

## Fall Door Hanger

5554	W	10/21	12:30 - 1:30 PM	FREE
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## Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica

5567	Sa	10/3 - 10/31	9:30 - 11 AM	FREE
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# HEALTH & FITNESS

## Group Exercise

Fit and fun low-impact exercise adapted to fit the needs of those with disabilities, poor balance, or have trouble standing on the floor to exercise. Instructor uses a variety of techniques such as resistance bands, arm weights, and chair exercise to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

5541	M W F	10/2 - 10/30	9:45 - 10:30 AM	FREE
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## Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5828	Sa	10/3	10:30 - 11:30 AM	FREE
5562	Sa	10/17	10:30 - 11:30 AM	FREE

## Walk & Talk

Walk your way to better health! Commit to group and personal goals and jump-start healthy habits. Enjoy the company, fresh air, and park setting. Let us help chart your walking progress.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5641	M W F	10/2 - 10/30	8 - 8:30 AM	FREE
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## Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie’s Community Park located outside the Sr Rec Center. Fitness area is available during business hours.



# TRIPS LET'S GO!

## State Fair of Texas

Big Tex is back! Discover culinary delights, creative arts, livestock, and other exciting features at the State Fair of Texas. Spend the day on your own or walk with staff to each amusement, event, and show. Bring money for lunch and games.

Ages: 55 Yrs +				
5595	Th	10/1	9 AM - 1:30 PM	55-59 Yrs: \$19 60 Yrs+: \$5

## Senior Chow Critics

Everyone’s a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied! Bring money for lunch.

Ages: 55 Yrs +				
5549	Th	10/8	11 AM - 2 PM	FREE

## Murder Mystery Dinner

Help solve the mystery game of Malachai Stout’s Family Reunion. Gather at the historic Brown House for a three-course dinner and “who done it”. Guest participation required in this interactive tale of the largely dysfunctional members of the Stout family, gathered for a family reunion.

Ages: 55 Yrs +				
5610	Sa	10/10	4:30 - 7 PM	\$9

## Sip-n-Doodle

Sip, snack, and play with paint! Sip-n-Doodle Studio combines artist led painting in a social setting that encourages fellowship and fun. Create a one-of-a-kind masterpiece on canvas by the end of class. Bring money for lunch at

Ages: 55 Yrs +				
5585	Th	10/15	10:30 AM - 3 PM	\$15

## Munster Mansion

The Munster Mansion in Waxahachie represents an exact replica, inside and out, of the house used in “The Munsters” ‘60s classic TV series. Enjoy each gothic-glam room, painstakingly recreated with actual pieces from the show or stunning reproductions. Bring money for lunch at

Ages: 55 Yrs +				
5596	Th	10/22	9:30 AM - 4:30 PM	\$29

## Winstar Casino

Hop on our bus and head up to Oklahoma’s largest casino for a gaming experience like no other! Winstar features the best in electronic games, table games, and bingo. Registration includes your player’s card and a free buffet breakfast throughout the morning. Bring money for extra food and games.

Ages: 55 Yrs +				
5584	Th	10/29	7:30 AM - 4:30 PM	\$5

# QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,  
RECREATION@WYLIENTEXAS.GOV  
OR 972-442-8119  
REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

## Stitch-n-Smile

Happiness is just a needle and thread away! Develop your cross-stitch, knitting, and crochet skills while improving dexterity, memory, and concentration. Work on projects with friends, share tips, trade patterns, and relax! Bring your projects and supplies, limited supplies provided.

Senior Recreation Center				
Ages: 55 Yrs +				
Instructor: Pannell, Julie				
5742	Tu	10/6 - 10/27	1 - 3 PM	FREE

## Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

Senior Recreation Center				
Ages: 55 Yrs +				
Instructor: STAFF PARD				
5572	M	10/19	12 - 1 PM	FREE

## Woodcarving

Transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity and we provide the supplies.

Senior Recreation Center				
Ages: 55 Yrs +				
Instructor: Kruse, Matthew				
5576	W	10/14 - 10/28	1 - 3 PM	FREE

# AWESOME EXPERTS

**JULIE PANNELL** offers Decoupage and Craft instruction. Since 2009, Julie has been a City of Wylie employee and specializes in Senior Citizen activities and programs. Art and Art education have become second nature as she earned her Bachelor of Arts and Performance at The University of Texas at Dallas in 2010.

**MATT KRUSE** offers Woodcarving instruction. Since joining the Senior Recreation Center staff in 2013, he has become the go-to handyman. Matt is an experienced woodcrafter and can build anything from cabinetry to decorative figurines. Growing up on the family farm, Matt practiced his woodworking skills. He loves to teach others the trade.

**ERICA RUIZ** teaches Simple Spanish. She is an employee at the Senior Recreation Center and a current International Business student at the University of North Texas. She has worked with all age groups and enjoys socializing and teaching. Growing up Bilingual has taught her to utilize her talents and engage participants in creative and fun ways.

**JENNIFER HOLLIEN** offers craft instruction. As a mother, Jennifer enjoyed crafting with her children's vacation bible school and family birthday parties. She has helped the Senior Rec Center with holiday craft projects and decorating for parties and luncheons for many years. Jennifer is looking forward to helping others expand their creative expressions through Senior Craft Corner projects.



OCTOBER 2015

800 THOMAS - 100  
972-442-8119  
RECREATION@WYLIETEXAS.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>HOURS OF OPERATION</b> Monday - Friday      8 AM - 4 PM Saturday                9 AM - 3 PM Sunday                   1 PM - 5 PM				<b>1</b> 8:00 AM Games 9:00 AM State Fair of Texas 1 - 3 PM Decoupage	<b>2</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO	<b>3</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
<b>4</b> 6:00 AM Charter Bus for Cruisers Departing WSRC 1 - 5 PM Wii Bowling	<b>5</b> 8:00 AM Games 9:30 AM Wylie Senior Health Fair @ FBC, Wylie 10 AM - 12 PM Triple Threat	<b>6</b> 8:30 - 11:30 AM Bunco 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	<b>7</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Coffee Talk 1:30 PM Chair Yoga	<b>8</b> 8:00 AM Games 11:00 AM Senior Chow Critics	<b>9</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 1 PM Fall Festival	<b>10</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10 AM - 12 PM Ping Pong 4:30 PM Murder Mystery Dinner
<b>11</b> 1 - 5 PM Wii Bowling 3 PM Charter Bus w/ Cruisers Returns to WSRC	<b>12</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	<b>13</b> 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	<b>14</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 1 PM Woodcarving 1:30 PM Chair Yoga	<b>15</b> 8:00 AM Games 10:30 AM Sip-n-Doodle 1 - 3 PM Decoupage	<b>16</b> 8:00 AM Games 10 - 11 AM Duo Espresso - Band Performance 11:30 AM Celebration Luncheon 12:30 PM BINGO	<b>17</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
<b>18</b> 1 - 5 PM Wii Bowling	<b>19</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12 PM Book Bunch	<b>20</b> 8:30 - 11:30 AM Bunco 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 10 - 11:30 AM Ikebana 1 - 3 PM Stitch-n-Smile	<b>21</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Craft Corner 1:30 PM Chair Yoga	<b>22</b> 8:00 AM Games 9:30 AM Munster Mansion	<b>23</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM BINGO	<b>24</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10 AM - 12 PM Ping Pong
<b>25</b> 1 - 5 PM Wii Bowling	<b>26</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 10:30 AM Magic Show 12:30 PM Creative Confections	<b>27</b> 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	<b>28</b> 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 1 PM Woodcarving 1:30 PM Chair Yoga	<b>29</b> 8:00 AM Games 7:30 AM Winstar Casino	<b>30</b> 8:00 AM Games 9:45 AM EXERCISE 10 AM—12 PM Halloween Party 12:30 PM BINGO	<b>31</b> 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10 AM - 12 PM Ping Pong 4:30 PM Dinner Double Feature

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.